

If you have been tested for COVID-19 because you have symptoms:

## AFTER YOU'VE BEEN TESTED, GO HOME AND STAY HOME

## While you are waiting for test results:

- 1. While waiting for the results of your test, your household contacts should stay at home. (If household contacts work outside of the home, they are encouraged to contact their employer. They may still be allowed to work while wearing a mask).
- 2. Stay in a specific room and away from other people in your home to the extent possible. Use a separate bathroom, if available. Household members can consider staying in a separate location, if available, to decrease their risk of exposure.
- 3. For more information, see the CDC's guidance "What to Do if You Are Sick" at <a href="https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html">https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html</a> to prevent the spread of COVID-19 at home.
- 4. If you must leave home, such as to seek medical care, wear a mask.
- 5. If your results are positive, you will need to isolate for 14 days from the time your symptoms started.

## If your test results are POSITIVE for the COVID-19 virus:

You will receive additional instructions for isolation for 14 days.

## If your test results are NEGATIVE (or not detected) for the COVID-19 virus, continue to reduce your risk of illness:

- 1. Isolate yourself until fever-free for at least 24 hours (if fever was present) and improvement of your symptoms
- 2. Practice social distancing
- 3. Wash your hands
- 4. Avoid non-essential outings